



Lifeguard Certification Schedule

2013-2014 Season



austintexas.gov/departments/pools-and-swimming

Please note that the first day of every class will meet at the designated swimming pool. Students will be required to pass the pre-requisite skills tests (listed below) upon arriving for the first day of class. Students are also required to attend all listed class dates for successful course completion. Students must print out and bring the Lifeguard manual to class. Manuals can be printed from <http://editiondigital.net/publication/?i=95090>. There is a \$5.00 transfer fee and \$10.00 cancellation fee for all classes. If you have any additional questions regarding the lifeguard training course, please contact the Aquatic Office at 512-974-9332.

Course Prerequisites require the successful completion of the following skills :

- ♦ Swim 300 yards continuously, using these strokes in the following order:
 1. 100 yards front crawl with rhythmic breathing and a stabilizing, propellant kick
 2. 100 yards breaststroke using a pull, breath, kick, glide sequence
 3. 100 yards of either front crawl or breaststroke
- ♦ Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive of 7 – 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to return the starting point with the object and exit the water without using a ladder or steps, within 1 minute and 40 seconds.
- ♦ Tread water for two minutes using only your legs .

Code	Class Dates	Times	Location	Fees
F1	Oct. 7 th -11 th & Oct. 14 th -18 th	6pm - 10pm	Stacy Pool & Aquatic Office	\$20
F2	Nov. 4 th -8 th & Nov.11 th -15 th	6pm - 10pm	Stacy Pool & Aquatic Office	\$20
F3	Dec. 9 th -13 th & Dec. 16 th -20 th	6pm -10pm	Stacy Pool & Aquatic Office	\$20
F4	Dec. 30 th -31 st & Jan. 2 nd -4 rd	8am - 5pm	Stacy Pool & Aquatic Office	\$20
F5	Feb. 3 rd -7 th & Feb. 10 th -14 th	6pm -10pm	Stacy Pool & Aquatic Office	\$20
F6	Mar. 8 th -12 th	8am - 5pm	Stacy Pool & Aquatic Office	\$20
F7	Mar. 12 th -16 th	8am - 5pm	Stacy Pool & Aquatic Office	\$20
F8*	Mar. 20 th -23 rd	Thu. & Fri. 5pm –10pm Sat. & Sun. 8am– 8pm	Stacy Pool & Aquatic Office	\$45
F9	Mar. 29 th - Apr.5 th	Sat. & Sun. 8am-5pm Mon.–Fri. 6pm-10pm	Stacy Pool & Aquatic Office	\$45
F10*	April 5 th , 6 th , 11 th , 12 th , 13 th	Sat. & Sun. 8am-6pm Fri. 6pm -10pm	Stacy Pool & Aquatic Office	\$45
F11	Apr. 14 th -18 th & Apr. 21 st -25 th	6pm -10pm	Stacy Pool & Aquatic Office	\$45
F12	Apr. 28 th -May 2 nd & May 5 th -9 th	6pm -10pm	Stacy Pool & Aquatic Office	\$45
F13*	May 3 rd , 4 th , 9 th , 10 th , 11 th	Sat. & Sun. 8am-6pm Fri. 6pm -10pm	Martin Pool & Aquatic Office	\$55
F14	May 12 th -16 th	8am - 5pm	Martin Pool & Aquatic Office	\$55
F15	May 19 th -23 rd & May 26 th -30 th	6pm -10pm	Martin Pool & Aquatic Office	\$55
F16	May 26 th -30 th	8am - 5pm	Walnut Creek Pool & Aquatic Office	\$55

* Denotes a condensed learning schedule



Persons with Disabilities: The City of Austin is proud to comply with the Americans with Disability Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-9331.